



PIPPA'S TAEKWONDO ACADEMY

Newsletter



SEPTEMBER 2026

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Message from Pippa



AKWAABA

Dear Parents and Students,

Firstly a very warm welcome to our new students joining us at PIPPA'S Taekwondo Academy!

We are thrilled you have made the commitment to learn this martial art. It is a form that requires excellent technique, discipline and focus.

We also welcome our past students and trust you will work towards achieving more this new Taekwondo year. We are here to guide, encourage and support you.

We are pleased to have Master Stephen and Ibrahim back with us.

Please do take time to read their welcome address and to step into the Dojang to greet them when you come to drop off or pick up your ward.

It is always good to connect our Parents, students, the Master and the Assistant Instructor.

We wish to remind you the yearly calendar has been posted on the boards, on our platforms and it is important that you ensure you are connected to us via WhatsApp; so we can communicate with you should there be any changes or further information that relates to your child and TKD.

Please also take advantage of our Parent Gym Membership discount. We invite you to workout while waiting for your ward and we have some fabulous Personal Trainers who would be happy to train with you!

We trust that you had a wonderful long vacation and you are ready to get back into the routine again. We very much look forward to starting up again and thank you for joining our community.

Should you have any questions or queries, please do not hesitate to reach out to us. We are here to help.

Wishing you and your Family a super start to the new TKD Year for 2026 - 2027.

Best Wishes,
Pippa.

GROOMING AND PUNCTUALITY

It is mandatory for Taekwondo students to wear a uniform and belt as part of the Dojang requirement. Uniforms can be ordered at Pippa's front desk. No jewelry should be worn in class. That means watches, bracelets and looped earrings are to be removed before entering the Dojang. Kindly refer to the uniform Order section on our website. We kindly ask for students to be on TIME! This is all part of the discipline and helps to maintain the standard of Taekwondo we offer at Pippa's Gym. It is extremely disruptive for both students and teachers when a child is consistently late. Students more than 15 minutes late will not be allowed into the Dojang. If you are going to be late please let us know in advance and if you are going to miss class please call or message. Please note, a student who misses three classes in any one term without informing us will be asked to reconsider their commitment to Taekwondo.



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SEPTEMBER 2026

Message from Master Stephen

Dear Parents and Guardians,

Warm greetings to you and your families. As we prepare for the upcoming academic year, I want to take a moment to share my heartfelt thoughts and vision for our students at Pippa's Taekwondo Academy.

Firstly, to our returning students: I have watched your dedication, your respect for the dojang, and your resilience with immense pride. You have shown that true strength is not merely in physical force, but in discipline, humility, and self-control. To our prospective and new students joining us this term, I offer you a very warm welcome. You are stepping into an environment designed to build not just martial artists, but well-rounded leaders of tomorrow.

My core expectation for every child under our guidance is simple: **UNWAVERING COMMITMENT TO CHARACTER, CONTINUOUS PERSONAL DEVELOPMENT, AND PEACE.**

In our training, we teach that the highest victory in martial arts is the victory over oneself. My hope for every child both old and new is that the values they forge on the mat (courtesy, integrity, perseverance, and indomitable spirit) will shine through in their academic work, their relationships at home, and their interactions in the wider community.



We are building youth for tomorrow who remain calm under pressure, act with empathy, and strive for excellence in all things.

Parental partnership remains the cornerstone. Your encouragement at home reinforces the discipline nurtured in class, and for your continued trust and cooperation, I am deeply grateful.

I look forward to a peaceful, productive, and highly successful year ahead. May our children continue to grow in wisdom, strength, and grace.

Warm regards,

Master Stephen Amegashie
Chief Instructor, Pippa's Taekwondo Academy.



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SEPTEMBER 2026

Message from Master Ibrahim

Welcome to a New Academic Year!

Dear Parents, Students, and Members of Our Taekwondo Family,

It is with great excitement and gratitude that I welcome you to the beginning of another Taekwondo year at our Dojang. A new season brings new opportunities to learn, grow, and become stronger not only as martial artists but also as disciplined, respectful, and confident individuals.

To our returning students, welcome back! Your dedication and perseverance have laid a strong foundation. I encourage you to continue striving for excellence. To our new students and families, thank your trust. I am honored to be part of your journey and look forward to helping you discover the many benefits of Taekwondo.

This year, our mission remains the same: **TO DEVELOP CHAMPIONS IN CHARACTER BEFORE CHAMPIONS IN COMPETITION.** Every lesson will challenge students to improve their physical fitness, sharpen their minds, and strengthen the values that define true martial artists.

What to Expect This Academic Year



Technical Excellence

Students will continue to build strong fundamentals through proper stances, powerful kicks, effective hand techniques, poomsae (forms), self-defense, and controlled sparring. Each class is carefully designed to develop skill, confidence, and precision.



Personal Growth & Goal Setting

Progress in Taekwondo is measured not only by belt promotions but also by attitude, consistency, and determination. Every student will be encouraged to set personal goals and celebrate each milestone achieved through hard work.



Respect, Leadership & Discipline

Our Dojang is a place where respect is practiced daily. Students will learn the importance of humility, responsibility, teamwork, and leadership qualities that extend beyond the training hall into school, home, and everyday life.



Fitness & Healthy Living

Physical conditioning will remain an important part of our training. Students will improve their strength, flexibility, endurance, coordination, and overall well-being while developing healthy habits that last a lifetime.



Competitions & Belt Promotions

Students who are ready will have opportunities to participate in grading examinations and Taekwondo competitions. These experiences build confidence, resilience, and sportsmanship while allowing students to showcase the skills they have worked hard to develop.

Our Challenge for This Year

I encourage every student to attend training consistently, give their very best in every class, and never be afraid of making mistakes. Progress comes from persistence, and every great black belt was once a beginner who refused to give up.

As you begin this exciting new chapter together; remember the timeless values of Taekwondo:

COURTESY • INTEGRITY • PERSEVERANCE • SELF-CONTROL • INDOMITABLE SPIRIT

May these principles guide us in our training and in our daily lives.

Yours in Taekwondo,
Master Ibrahim Salifu



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SPECIAL REQUEST

We kindly request that students **DO NOT** bring any tablets or gadgets. Our waiting area has plenty of books, coloring books, paper, crayons and markers. We would like to keep our space gadget free for children. Let's encourage our children to read and talk while waiting in the lounge

PIPPA'S HEALTH BAR

Our Health Bar is designed to support your wellness journey and provide you with convenient , healthy choices right here at the gym . Whether you're looking to refuel after at workout, grab a quick and nutritious snack, enjoy a refreshing beverage, or explore natural self-care options , our Health Bar has you covered. We offer Fresh Juice ,Ginger shots, Moringa Powder, Baobab Powder, and a selection of skincare products to help you look and feel your best.

Stay healthy, energized and glowing!

TUMBLE TOTS

Do you have toddler or know of a toddler the ages of 1& 3 years?

Pippa's Health Centre offers a soft play activity every Monday, Wednesday, and Friday morning from 10am to 12pm . A bonding time for children and parents/caretakers . Many budding ballerinas and martial artists began their path path from Tumble Tots!

Please see our website for more information.

VIRTUTOR ONLINE

Are you looking for professional online tutoring services for your child or are you looking to learn or improve on a language ? Then please check out **VIRTUTOR ONLINE** a new online tutoring agency on www.virtutoronline.com or email: support@virtutoronline.com



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NEWSLETTER

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NOISE LEVEL INSIDE THE GYM

Please be reminded that Pippa's Gym is a private members facility and therefore students are requested to keep noise levels to a minimum. Students are **NOT** allowed to play on the gym equipment or in areas that are out of bounds .
Therefore , a public sense of decorum from our students is warranted

CHRISTMAS BREAK

The Academy will be going on break for the Christmas Holidays from Monday December 21st ,2026 to Monday January 4th ,2027.

Classes will resume on Monday January 5th ,2027.

NANNIES AND DRIVERS

Nannies and Drivers are reminded **NOT** to sit in the lounge area of the club. This is a private facility and accessible to members and parents only. Nannies and drivers are asked to wait in their cars, at front reception or in the outdoor area next to the gym.
Please note the staircase and hallway is a **NO WAITING ZONE FOR ALL.**

PAYMENT /UNIFORM ORDERS

Deadline for payment of Term 1 fees and uniform order is **FRIDAY, OCTOBER 9TH 2026.**
After these date , a 15% penalty will be charged for all late payments. Fees once paid are not refundable. Parents should ensure their wards are always in the standard RAD regulatory uniform. Uniform order forms should be downloaded from the website and return to the Front Office with full payment. Orders will be supplied within 3 working days when in stock.



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